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THE

Natural History

OF

COFFEE, THEE, CHOCOLATE, TOBACCO.

In four several Sections;

WITH A

TRACT

OF

ELDER and JUNIPER-BERRIES,

Shewing how Useful they may be in Our

COFFEE-HOUSES:

And also the way of making

MUM,

With some Remarks upon that LIQUOR.

Collected from the Writings of the best Physicians, and Modern Travellers.

LONDON:

Printed for *Christopher Wilkinson*, at the *Black Boy* over against St. *Dunstan's* Church in *Fleetstreet*. 1682.

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THE Natural History OF COFFEE.

SECT. I.

COFFEE is said to be a sort of *Arabian* Bean, called *Bon*, or *Ban* in the Eastern Countries, the Drink made of it is named *Coava*, or *Chaube* over all the *Turkish* Dominions. *Prosper Alpinus* (who liv'd several years in *Ægypt*) assures us that he saw the Tree it self, which he compares to our *Spindle Tree*, or *Prick-wood*, only the Leaves were a little thicker, and harder, besides continually Green. This Tree is found in the Desarts of *Arabia*, in some parts of *Persia* and *India*, the Seed or Berry of which is called by the Inhabitants *Buncho*, *Bon*, and *Ban*, which being dry'd, and boyl'd with Water, is the most Universal Drink in all the *Turkish*, and several Eastern Countries, where Wine is publickly forbid; it has been the most antient Drink of

Alpinus *de Plant. Ægyptiac.* p. 26.

the *Arabians*, and some will have the *jus nigrum Spartanorum*, the black Broth of the *Spartans*, to have been the same with our *Coffee*: the *Persians* at this day do tipple as much *Coffee* off as the *Turks* themselves. *Tavernier* in his Description of *Ispahan* (the Metropolis of *Persia*) is very jocose and merry, when he comes to describe the famous Coffee-House of that City; he says, that the wise *Sha Abas* observing great numbers of *Persians* to resort to that House daily, and to quarrel very much about State-affairs, appointed a *Moullah* to be there every day betimes to entertain the *Tobacco-whiffers*, and *Coffee-quaffers* with a point of Law, History, or Poetry; after which, the *Moullah* rises up, and makes Proclamation that every man must retire, and to his business: upon which they all observe the *Moullah*, who is always liberally entertain'd by the Company. *Olearius* does also speak of the great diversions made in their *Coffee-Houses* of *Persia* by their Poets, and Historians, who are seated in a high Chair, from whence they make Speeches, and tell Satyrical Stories, playing in the mean time with a little stick, and the same gestures, as our Juglers and Legerdemain-men do in *England*.

Dr. Mundy *de potulentis*. p. 351.

Taverniers *Travels*, p. 1.

Olearius, *Ambassadors Travels of* Persia. lib. 6. p. 224.

As for the qualities and nature of *Coffee*, our own Countryman, Dr. *Willis*, has publish'd a very rational Account, whose great Reputation and Authority are of no small force; he says, that in several Headachs, Dizzinesses, Lethargies, and Catarrhs, where there is a gross habit of Body, and a cold heavy Constitution, there *Coffee* may be proper, and successful; and in these cases he sent his Patients to the *Coffee-House* rather than to the Apothecaries Shop: but where the temperament is hot, and lean, and active, there *Coffee* may not be very agreeable, because it may dispose the Body to inquietudes, and leanness. The Dr. makes one unlucky observation of this Drink, which I am afraid will cow our Citizens from

Dr. Willis *Pharmaceut. Rat.* p. 1.

from ever medling with it hereafter, that it often makes men Paralytick, and does so slacken their strings, as they become unfit for the sports, and exercises of the Bed, and their Wives recreations; to confirm which, I will quote here two Precedents out of the most Learned *Olearius*, who says, that the *Persians* are of an opinion that *Coffee* allays their natural heat, for which reason they drink it, that they may avoid the charge, and inconveniences of many Children: nay, the *Persians* are so far from dissembling the fear they have thereof, that some of them have come to the *Holstein* Physician of that Embassy, for Remedies to prevent the multiplication of Children, but the Doctor being a merry bold *German*, answered the *Persians*, that he had rather help them to get Children, than to prevent them. This most famous *Olearius* (that made so many curious, and accurate Observations in his Travels) tells us of a *Persian* King, named *Sultan Mahomet Casvin*, who Reigned in *Persia* before *Tamerlane*'s time, that was so accustomed to drinking of *Cahwa*, or *Coffee*, that he had an unconceivable aversion to Women, and that the Queen standing one day at her Chamber Window, and perceiving they were about gelding a Horse, ask'd some standers by, why they treated so handsom a Creature in that manner; whereupon answer was made her, that he was too fiery and mettlesome, therefore they resolv'd to deprive him of his generative faculty: the Queen reply'd, that trouble might have been spar'd, since *Cahwa*, or *Coffee*, would have wrought the same effect, the experiment being already try'd upon the King her Husband. This King left a Son, call'd *Mahomet*, after him, as our most grave and faithful Traveller does assure us, who being come to the Crown, commanded that great Poet *Hakim Fardausi*, to present him with some Verses, for every one of which the *Sophy* promised him a Ducat;

Olearius, *Ambassadors Travels through Persia. lib. 6.*

Olearius, [illegible] b [illegible] p. 240.

the

the Poet in a short time made sixty thousand, which at this day are accounted the best that ever were made in *Persia*, and *Hakim Fardausi* esteem'd the Poet *Laureat* of the East; the Treasurers thinking it too great a sum for a Poet, would have put him off with half, whereupon *Fardausi* made other Verses, wherein he reproach'd the King with Avarice, and told him, he could not be of Royal Extraction, but must be rather descended from a Shoemaker, or a Baker: *Mahomet* being netled, made complaint to the Queen his Mother, who suspecting that the Poet had discovered her Amours, ingeniously confessed to the King her Son, that his Father being Impotent through his excessive drinking of *Cahwa*, or *Coffee*, she fancied a Baker belonging to the Court, and said, if it had not been for the Baker, the young King had never been what he was; so lest the business should take wind, the Poet got his full reward. But let us return a little into our old serious road.

Coffee is said to be very good for those, that have taken too much Drink, Meat, or Fruit, as the Learned *Schroder* will inform you, as also against shortness of Breath, and Rheum, and it is very famous in old obstructions, so that all the *Ægyptian*, and *Arabian* Women, are observ'd to promote their Monthly courses with *Coffee*, and to tipple constantly of it all the time they are flowing, for which we have the undoubted authority of *Prosper Alpinus*, who spent several years amongst them. It is found to ease the running Scorbutick Gout, or Rheumatism, as *Mollenbroccius* has affirm'd.

Schroder's *Append.* p. 24.

Prosp. Alpinus *de Med. Ægyptor.* l. 4. *de Plant. Ægyptiac.* ap. 118. *ad* p. 122.

Mollenbrock. *de Arthrit. baga scorbut.* p. 114.

As for the manner of preparing *Coffee*, it is so easie, and so commonly known, that we need not mention it, only we may observe, that some of the *Asiatick* Nations make their *Coffee* of the Coat, or Husk of the Berry, which they look upon to be much stronger, and more efficacious than the Berry it self, so that they take

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a leſs quantity of it; but the *Europæans* do peel and take off the outward skin of the Berries, which being ſo prepar'd, are Bak'd, and Burnt, afterwards grinded to Powder; one Ounce of which they mix commonly with a Pint and a half of hot Water, which has been boyl'd half away, then they are digeſted together, till they are well united.

The *Laplanders* prepare a very good Drink out of *Juniper-Berries*, which ſome prefer before either *Coffee*, or *Thee*, of which Berries we will Diſcourſe in a Tract at the end of theſe Sheets. *Hiſtory of* Lapland.

THE

THE Natural History OF THEE.

SECT. II.

THIS Herb *Thee* is commonly found in *China*, *Japan*, and some other *Indian* Countries, the *Chineses* call it *Thee*, the *Japonians Tchia*, that of *Japan* is esteem'd much the best, one pound of it being commonly sold for 100 pounds, as *Tulpius* informs us from several great men, that have been Ambassadors, and Residents in those parts, so that most of the *Thee*, which is brought into *Europe*, comes from *China*, and that too of the worst kind, which cannot but decay in so long a Voyage, for the Dutch have been observ'd to dry a great quantity of *Sage*, whose Leaves being rowl'd up like *Thee*, were carried into *China* by them under the name of a most rare *Europæan* Herb, for one pound of this dry'd *Sage* the *Dutch* receiv'd three pounds of *Thee* from the *Chineses*, as *Thevenot* informs us,

Nicol. Tulpii *observat. Med.* lib. 4. c. 60.

Oldenburgs *Philos. Transact.* n. 14.

us, there is a great Controverſie amongſt the Herbaliſts, to what Claſſis this *Thee* may be reduc'd, *Bontius* compares it to the Leaves of our Wild *Daiſy*; for which *Simon Pauli* is very angry with him, and gives very ſtrong Arguments, that *Thee* is the Leaves of a ſort of *Myrtle*, for out of the Leaves of *Myrtle*, a Liquor may be made, reſembling *Thee* in all qualities, therefore the Jeſuite *Trigautius* is of an opinion, that ſeveral of our *European* Forreſts and Woods do abound with a true *Thee*, it being obſerv'd to grow in great plenty in *Tartary* (which lies under the ſame Climate with many Countries of *Europe*,) from whence, ſome Learned men think, it came Originally, for it has not been long known to the *Chineſes*, they having no antient name, or Hieroglyphick Characters for *Thee*, and *Cha* being an antient *Tartarian* Word, beſides it is known to ſeveral Merchants, that a great quantity of *Thee* is brought yearly out of *Tartary* into *Perſia*, we are all acquainted with the ſeveral great Conqueſts, which the *Tartars* have made in *China*, ſo that the *Chineſes* have had ſeveral opportunities of learning the uſe of *Thee* from the *Tartars*, in whoſe Country it is obſerv'd to be in great plenty, and of little value; yet the Inhabitants of *China* and *Japan* have a great eſteem, and opinion of it, where they are as much employ'd, and concern'd for their Harveſt of *Thee*, (which is in Spring) as the *Europeans* are for their Vintage, as ſeveral Jeſuits inform us in their Obſervations of *China*: for the Noblemen, and Princes of *China* and *Japan*, drink *Thee* at all hours of the Day, and in their Viſits it is their whole Entertainment, the greateſt Perſons of Quality Boyling, and Preparing the *Thee* themſelves, every Palace, and Houſe, being furniſht with convenient Rooms, Furnaces, Veſſels, Pots and Spoons for that purpoſe, which they value at a higher rate than we do Diamonds, Gems, and Pearls, as *Tulpius* aſſures

Bontius *de Medicina Indor.* lib. 2. p. 97.

Simon Pauli *de Thee*, p. 19, 20.

Trigautius *de regno Chinæ.* lib. 3.

Simon Pauli *de Thee.* p. 25.

Olearius, *Ambaſſadors Travels in* Perſia. p. 241.

Philoſ. Tranſact. N. 49.

Nicol Tulpii *Obſervat. Med.* lib. 4 c. 60.

 aſſures

assures us from the relations of several great *Dutch-men*, who travell'd *China* in the Quality of Ambassadors, and made great Observations of those rich Stones, and Woods, out of which the aforesaid Materials were made.

As for the Qualities and Vertues of *Thee*, these few following Observations may give satisfaction, that it makes us active and lively, and drives off sleep, every Drinker of it cannot but be sensible. The great Jesuit *Alexander de Rhodes*, always Cur'd himself of a Periodical pain of his Head by *Thee*, and having often occasion to sit up whole Nights in *China* to take the Confessions of dying People, he found the great benefit of *Thee* in those great watchings, so that he was always as vigorous, and fresh the next day, as though he had rested all night; nay, he says, that he sate up six nights together by the assistance of *Thee*. *Kircher* himself took notice of *Thee* for clearing the Head, and opening the Urinary passages; and it was observ'd by those concern'd in the *Dutch* Embassy to *China*, that the *Chineses* did spit very little, and were seldom subject to the Stone, and Gout, which their Physicians imputed to their frequent Drinking of *Thee*: it is a common Proverb in *Japan*, *Illenè sanus non sit? Bibit de optimâ Tsiâ*, What, is not he well? He Drinks of the best *Thee*. I know some that Celebrate good *Thee* for preventing Drunkenness, taking it before they go to the Tavern, and use it also very much after a Debauch, *Thee* being found so friendly to their Stomachs, and Heads: several Ambassadors find the advantage of it in preserving them from the accidents and inconveniences of a bad Foreign Air; but that which gives the greatest commendation to *Thee*, is the good Character which our famous Country-man, Mr. *Boyl*, gives of it in his Experimental Philosophy, where he says, that it deserves those great praises which are commonly bestow'd upon it. Yet *Simon Pauli* exclaims against the use

Alexander *de* Rhodes *Voyages & missions Apostoliques.*

Kircheri *China illustrata.* lib. 4.

Thevenotts Histor. legat. Batavor. in China. Tom. 3. *Philosoph. Transact.* N. 14.

Varenius *descript. Regni Japon.* c. 23. p. 161.

Boyles *exper. Philos.* p. 94.

Simon Pauli *de Thee.* p. 67.

use of *Thee*, as a great dryer, and promoter of old Age, and as a thing unnatural, and foreign to the *European* Complexions. But *Schroder* answers *Pauli* very mildly, supposing him to speak only of the abuse, and extravagant management of *Thee*; for otherwise *Rheubarb*, *China*, *Sassafras*, and *Saunders*, should be banisht from our Shops by the same reason, they being Dryers, and foreign to us *English-men*, therefore we may conclude *Thee* innocent, and beneficial. Schroderi *Append. ad Pharmacop.* p 28.

The *Chineses* gather the Leaf in the Spring one by one, and immediately put them to warm in an Iron Kettle over the Fire, then laying them on a fine light Mat, rolls them together with their Hands; the Leaves thus roll'd are again hang'd over the Fire, and then roll'd closer together, till they are dry, then put up carefully in Tin Vessels to preserve them from moisture: thus they prepare the best Leaves, that yield the greatest rates, but the common ordinary ones are only dry'd in the Sun, yet in the Shade is doubtless much better, (as the ingenious Author of *Vinetum Britannicum* does well observe) the Sun having a great power to attract the vertue out of any Vegetable after its separation from its nourisher, the Earth. One spoonful of this prepar'd *Thee* is enough for one quart of boyl'd Water. *Vinet. Britan.* p. 140.

There are several ways and methods for preparing *Thee*. The *Japonians* powder the Plant upon a Stone, and so put it into hot Water. The *Chineses* boyl the Leaves with Water and a little Sugar. Some *Europeans* make Tinctures, Infusions, Conserves, and Extracts of *Thee*. The *Tartars* are observ'd to boyl their *Thee* in Milk with a little Salt, which way they think is the very best. Nicol. Tulpii *observat. Med.* lib. 4. c. 60. *Thevenots Histor. legat. Belgic. ad sinensium regem.*

The Inhabitants of *Carolina* prepare a Liquor out of the Leaves of an *American* Tree, which is very like *Thee*, and equal to it in every respect, Dr. *Mundy* observes that Dr. Mundy *de potentis.* p. 373.

the Inhabitants of *Florida* have an old custom, before they go into the Field to War, of Drinking a Liquor in a great publick Assembly, which he that Vomits up, is judg'd unfit for that Warlike Expedition, and is condemn'd to stay at home in disgrace; but when he has learnt to carry off the Liquor, then he is admitted to be a lawful Soldier: Now *Thee* it self when given in a large dose, and in a strong Decoction, does often prove Vomitive, as I my self have observ'd several times.

Some make Decoctions of the Roots of *Avens*, *Galanga*, *Coriander*, and *Aniseeds*, *Sarsa*, *China*, *Saunders*, of the Leaves of *Sage*, *Betony*, *Rorismary*, &c, which they do extol above *Thee* or *Coffee*.

THE

THE Natural Hiſtory OF CHOCOLATE.

SECT. III.

HAving given a ſhort Natural Hiſtory of two things, which are ſo univerſally us'd in the Eaſtern part of the World, we now come to treat briefly of two more, which are generally us'd in the Weſtern: Firſt of *Chocolate*, of which the *Cacao*, or *Cacaw-nut*, being the principal Ingredient, a ſhort Account of it cannot be improper, this *Nut*, or rather the Seed, or Kernel of the *Nut*, as Mr. *Hughes* obſerves, is of the bigneſs of a great *Almond*; in ſome of theſe Fruits there are a dozen, in ſome 20, in others 30, or more of theſe Kernels, or *Caco*'s, which are well deſcrib'd by the Ingenious and Learned Dr. *Grew*, when theſe Kernels are cured they become blackiſh, and are compar'd to a Bullocks Kidney, cut into Partitions; there is great variety in them, by reaſon of the difference of Soyls and Climates where they grow: the Tree is ſaid to be as large as our *Engliſh Plumb-trees*. the Leaves ſharp-pointed, compar'd by ſome Travellers to the Leaves of

Hughes American *Phyſician*, p. 115.

Dr. Grew *Muſ. Reg. Soc. Angl.* p. 204.

Piso *in Histor. Nat. Indiæ utriusque.* of *Chesnut*; by the Curious *Piso* to the Leaves of an *Orange*, the Flower of a *Saffron* colour, upon the appearance of which, the Fruit appears upon the Branches as Apples: This Tree grows in several parts of *America*, as in *Nicaragua*, *New Spain*, *Mexico*, *Cuba*, and in *Jamaica*, especially at Collonel *Barrington*'s Quarters, or Plantations; they prosper best in low, moist, and fat ground, and are as squarely, and orderly set, as the *Cherry* Trees in *Kent*, or *Worcestershire*: they commonly bear within 7 years, and then twice every year, the first Crop between *January* and *February*, the other between *May* and *June*. The Inhabitants have so great a value for them, as that they secure them with the shades of *Plantane* and *Bonona* Trees, against the injuries of their fiery Sun, and do use the Kernels instead of Money, both in their Traffick, and Rewards; as the great Jesuit, *Josephus Acosta*, observ'd, when he was sent into *America*: The *Indians* look upon their *Chocolate* as the greatest delicacy for extraordinary Entertainments. *Montezuma* is said to have Treated *Cortez* and his Soldiers with it; and you can scarce read an *American* Traveller, but he will often tell you of the magnificent Collations of *Chocolate*, that the *Indians* offer'd him in his Passage and Journies through their Country: as Mr. *Gage* (who Travell'd many years in *America*) informs us, the *Spaniards* do constantly drink *Chocolate* in their Churches, at *Mexico* and *Chiapa*, of which they being once forbid, did Mutiny, and commit great Outrages, till their Custom was restor'd them. The *Indians*, and *Christians*, in the *American* Plantations, have been observ'd to live several Months upon *Cacao Nuts* alone, made into a Paste with Sugar, and so dissolv'd in Water; I my self have eaten great quantities of these Kernels raw, without the least inconvenience: and have heard, that Mr. *Boyle*, and Dr. *Stubbs*, have let down into their Stomachs some

Hughes American *Physician*, p. 112.

Jos. Acosta *Indor. Histor.* lib. 4. c. 22.

Gages Survey of the *West Indies*. Chap. of *Chocolate*.

pounds

pounds of them raw without any moleſtation; the Stomach ſeems rather to be ſatiated, than cloy'd with them, which is an Argument they are ſoon diſſolv'd, and digeſted. The *Spaniards* do not ſcruple to eat them upon their great Faſt days.

The *Indians* at firſt made their *Chocolate* of the *Nut* alone without any addition, unleſs ſometimes *Pepper*, and *Maiz*, or *Indian* Wheat, and in *Jamaica* at this day, as Mr. *Hughes* obſerves, there is a ſort of *Chocolate*, made up only of the Paſte of the *Cacao* it ſelf, and this he eſteems to be one of the beſt ſorts of *Chocolate*. Dr. *Stubbs*, who was a great Maſter of the *Chocolate* Art, did not approve of many Ingredients, beſides the *Cacao Nut*; that *Chocolate* which the Doctor prepared for His Majeſty, had double the quantity of the *Cacao* Kernel to the other Ingredients: In the common ſort the *Cacao Nuts* may take up half the Compoſition, according to *Piſo*, in the worſt a third part only. As to the other Ingredients for making up *Chocolate*, they may be varied according to the conſtitutions of thoſe that are to drink it; in cold conſtitutions *Jamaica Pepper*, *Cinnamon*, *Nutmegs*, *Cloves*, &c. may be mixt with the *Cacao Nut*: ſome add *Musk*, *Ambergreaſe*, *Citron*, *Lemmon-Peels*, and Odoriferous Aromatick Oyls: In hot Conſumptive tempers you may mix *Almonds*, *Piſtacho's*, &c. ſometimes *China*, *Sarſa*, and *Saunders*; and ſometimes *Steel* and *Rheubarb* may be added for young green Ladies. Mr. *Hughes* gives us very good advice, in telling us, that we may buy the beſt *Chocolate* of Seamen and Merchants, who bring it over ready made from the *Weſt Indies*; his reaſon is none of the worſt, which is this, let the *Cacao* Kernels be never ſo well cur'd in the *Weſt Indies*, and ſtowed never ſo carefully in the Ship, yet by their long tranſportation, and by the various Airs of Climates they are often ſpoil'd, their natural Oylineſs tending

Hughes American *Phyſician.* p. 111.

Dr. Stubbs *Indian Nectar.*

Piſo *Nat. Hiſtor. Indor.*

Hughes American *Phyſician.* p. 111.

tending much to putrefaction: from whence I have heard several complain in *England*, that their *Chocolate* made up here does often prove musty, and will settle much to the bottom of the Dish, which is a certain sign, says the Learned Dr. *Stubbs*, that the *Nuts* are either faulty, or not well beaten, and made up. The best *Cacao Nuts* are said to come from *Carraca* or *Nicaragua*, out of which Dr. *Stubbs* prepar'd *Cholocate* for the King; yet the Doctor commends the *Cacao Nuts* of *Jamaica*, which were first Planted there by the *Spaniards*. That you may know how to Prepare your *Chocolate*, I will give you a short direction, if you intend to make it up your self; consult your own constitution and circumstances, and vary the Ingredients according to the Premises, for I cannot give a Receipt to make up the mass of *Chocolate*, which will be agreeable, and proper to all Complexions; yet in the Composition of it, you must remember to appoint the *Cacaw Kernel* for the fundamental and principal Ingredient: as for the managing the *Cacao Nut*, Dr. *Stubbs*, and Mr. *Hughes*, have publisht most excellent instructions, how you must peel, dry, beat and search it very carefully, before you beat it up into a mass with other simples: as for the great quantity of Sugar which is commonly put in, it may destroy the Native and Genuine temper of the *Chocolate*, Sugar being such a corrosive salt, and such a Hypocritical Enemy to the Body. *Simon Pauli* (a Learned *Dane*) thinks Sugar to be one cause of our *English* Consumptions; and Dr. *Willis* blames it as one cause of our Universal Scurvy's: therefore when *Chocolate* produces any ill effects, they may be often imputed to the great superfluity of its Sugar, which often fills up half its Composition. For preparing the Drink of *Chocolate*, you may observe the following measures. Take of the mass of *Chocolate*, cut into small pieces, one ounce, of Milk and Water well boyl'd

Dr. Stubbs *Indian Nectar.*

Dr. Stubbs *Indian Nectar. and Mr.* Hughes *American Physician.*

Simon Pauli *quadripart Botan.*

Dr. Willis *de Scorbuto.*

boyl'd together, of each half a pint, one yolk of an Egg well beaten, mix them together, let them boyl but gently, till all is dissolved, stirring them often together with your Mollinet, or *Chocolet* Mill; afterwards pour it into your Dishes, and into every Dish put one spoonful of Sack.

How to make the best Chocolate

As for the vertues and effects of the *Cacao Nut*, or *Chocolate*, all the *American* Travellers have written such Panegyricks, and so many Experimental Observations, that I should but degrade this Royal Liquor, if I should offer at any; yet I think two or three Remarks upon it cannot be unsuitable to this little History: several of these curious Travellers, and Physicians, do agree in this, that the *Cacao Nut* has a wonderful faculty of quenching thirst, allaying Hectick heats, of nourishing and fatning the Body. Mr. *Gage* acquaints us, that he drank *Chocolate* in the *Indies* two or three times every day for twelve years together, and he scarce knew what any Disease was in all that time, he growing very fat: some object it is too oily and gross, but then the bitterness of the *Nut* makes amends, carrying the other off by strengthening of the Bowels. Mr. *Hughes* informs us, that he liv'd at Sea for some Months of nothing but *Chocolate*, yet neither his strength, nor flesh were diminished: he says our *English* Seamen are very greedy of it when they come into any *Indian* Port, and soon get plump countenances by the use of it. Mr. *Hughes* himself grew very fat in *Jamaica* by the vertue of the *Cacao Nut*; so he judges it most proper for Lean, Weak, and Consumptive Complexions: it may be proper for some breeding Women, and those persons that are Hypocondriacal, and Melancholly. The industrious Dr. *Mundy* gives a notable example of the effect of *Chocolate*, he says, that he knew a Man in a desperate Consumption, who took a great fancy for *Chocolate*, and his Wife out of complaisance drank it often with him: the consequence was

Joh. *de Laet. Histor. Indor.* Piso *n. Histor. Indor.* *Herbar. Mexican.* Benzonus *Histor. Indor. Occident.* &c.

Gages Survey of the *west Indies*. Chap. of *Chocolate*.

Hughes American *Physician*, p. 147.

Dr. Mundy *de potulentis*. p. 350.

this, the Husband recover'd his health, and his Wife brought afterwards to Bed of three Sons at one Birth.

The great use of *Chocolate* in Venery, and for supplying the Testicles with a Balsam, or a Sap, is so ingeniously made out by one of our Learned Countrymen already, that I dare not presume to add any thing after so accomplisht a Pen; though I am of an opinion, that I might treat of the Subject without any immodesty, or offence. *Gerson* the Grave *Roman* Casuist, has writ *de Pollutione Nocturnâ*, and some have defended Fornication in the Popish Nunneries; Hysterical fits, Hypocondriacal Melancholy, Love Passions, Consumptive Pinings away, and Spermatical Feavers, being instances of the necessity hereof, natural instinct pointing out the Cure: We cannot but admire the great prudence of *Moses*, who severely Prohibited, that there should be no Whore amongst the Daughters of *Israel*, yet that most wise Legislator took great care for their timely Marriage: upon these very accounts the Casuists defend the Protestant Clergy in their Marriages. And *Adam* is commanded in Paradise to Encrease and Multiply, therefore I hope this little excursion is pardonable, being so adæquate to this Treatise of *Chocolate*; which if *Rachel* had known, she would not have purchas'd *Mandrakes* for *Jacob*. If the Amorous and Martial *Turk* should ever taste it, he would despise his Opium. If the *Grecians* and *Arabians* had ever try'd it, they would have thrown away their *Wake-Robins*, and their *Cuckow-Pintles*; and I do not doubt, but you *London* Gentlemen, do value it above all your *Cullises* and *Jellies*, your *Anchoves*, *Bononia Sawsages*, your *Cock*, or *Lamb-stones*, your *Soys*, your *Ketchups* and *Caveares*, your *Cantharides*, and your *Whites* of *Eggs*, are not to be compared to our rude *Indian*; therefore you must be very courteous and favourable to this little Pamphlet, who tells you most faithful Observations.

The

The industrious Author of the *Vinetum Britannicum* makes a Quære, whether the Kernel of the *Wallnut* may not supply the defect of the *Cacao*, if well Ground. Dr. *Grew* thinks, that for those that drink *Chocolate* at *Coffee-Houses* without any Medicinal respect, there is no doubt, but that of *Almonds* finely beaten, and mixed with a due proportion of Spices, and Sugar, may be made as pleasant a Drink as the best *Chocolate*.

Vinet. Britan. p. 139.

Dr. Grew's *Mus. Reg. Soc.* p. 205.

THE Natural History OF TOBACCO.

SECT. IV.

TOBACCO is reckon'd by the best Herbalists to be a Species, or sort of *Henbane*, proper to the *American* Regions, as *Dodonæus* and *Simon Pauli*; yet some *Botanists* will have it a Native of *Europe*, and reduce it to several of our Classes: but I will not trouble you with this Controversie, only we may take notice, that *Thevet* did first bring the seed of *Tobacco* into *France*, though *Nicot* the *French* Ambassador in *Portugal* (from whom it is call'd *Nicotiana*) was the first that sent the Plant it self into his own Country. *Hernandes de Toledo* (who Travell'd *America* by the Command of *Philip* II.) having supply'd *Spain* and *Portugal* with it before. Sir *Francis Drake* got the Seed in *Virginia*, and was the first that brought it into *England*; yet some give Sir *Walter Rawleigh* the honour of it, since which time it has thriven very well in

Dodonæus *Herbal.* Simon Pauli *quadripart. Botan. & lib. de Tabaco.*

Hernandez *Histor. Americ.* *Purchas* Voyages into *America.*

in our *English* Soil: a great quantity of it grows yearly in several Gardens about *Westminster*, and in other parts of *Middlesex*. It is planted in great plenty in *Gloucester*, *Devonshire*, and some other Western Countries; his Majesty sending every year a Troop of Horse to destroy it, lest the Trade of our *American* Plantations should be incommoded thereby: yet many of the *London* Apothecaries make use of *English Tobacco* in their Shops, notwithstanding the vulgar Opinion that this Herb is a Native of *America*, and foreign to *Europe*: yet *Libavius* assures us, that it grows naturally in the famous *Hercynian* Forrest of *Germany*. If this was true, we would no longer call it *Tobacco* from the Island of *Tobago*. The names of it are so various, as they would glut the most hungry Reader. The *Americans* style it *Picielt*; in *Nova Francia*, *Petum*; in *Hispaniola*, *Cozobba*; in *Virginia*, *Uppuwoc*; at *Rome*, *Herba Sancta Crucis*; in some parts of *Italy*, *Herba Medicea*; in *France*, *Herba Reginæ*, as you may read in *Magnenus* and *Neander*: but let it be of what name or kind it will, I am confident, that it is of the poysonous sort, for it Intoxicates, Inflames, Vomits, and Purges; which Operations are common to poysonous Plants, as to *Poppeys*, *Nightshades*, *Hemlocks*, *Monkshood*, *Spurges*, and *Hellebores*, that will produce the like effects: besides, every one knows that the Oyl of *Tobacco* is one of the greatest Poysons in nature, a few drops of it falling upon the tongue of a Cat, will immediately throw her into Convulsions, under which she will die. This Dr. *Willis* assures us to be true; the experiment succeeded, when it was try'd before the Royal Society, as the Learned Dr. *Grew* has affirmed: besides, I can speak it upon my own certain knowledg, having kill'd several Animals with a few drops of this Oyl. Yet that most sagacious *Italian*, *Francisco Redi*, observes very well, that the Oyl of *Tobacco* kills not all Animals, neither

Magnenus *de Tabaco*. *Neander Tabacalog.*

Dr. Willis *Pharm. Rat.*

Dr. Grew's *Mus. Reg. Soc.* p. 352.

Philos. Transact. Oldenburgh N. 92.

does

does it dispatch those, it kills, in the same space of time; there is a great difference between the *Tobacco* of *Brazil*, and that of St. *Christophers*, as to this effect: *Varino* and *Brazil Tobacco* being almost of the same quality and operation, whereas that of St. *Christophers*, *Terra Nova*, *Nieve*, St. *Martin*, have very different effects.

If we run over those Countries where *Tobacco* is made use of, we may observe the various manners of using it; some *Americans* will mix it with a Powder of Shells, to chew it, salivating all the time, which they fancy does refresh them in their Journeys and Labours: others in *New Spain* will dawb the ends of Reeds with the Gum, or Juice of *Tobacco*, and setting them on fire, will suck the smoak to the other end. The *Virginians* were observ'd to have Pipes of Clay before ever the *English* came there, and from those *Barbarians* we *Europeans* have borrow'd our mode and fashion of smoaking. The *Moors* and *Turks* have no great kindness for *Tobacco*; yet when they do smoak, their Pipes are very long, made of Reeds, or Wood, with an earthen head. The *Irishmen* do most commonly powder their *Tobacco*, and snuff it up their Nostrils, which some of our *English-men* do, who often chew, and swallow it; I know some Persons that do eat every day some ounces of *Tobacco* without any sensible alteration: frome whence we may learn, that use and custom will tame, and naturalize the most fierce and rugged Poyson, so that it will become civil and friendly to the body. We read of a *French* Ambassador, that being in *England*, was so indispos'd, that he could never sleep; upon which he would often devour whole Ounces of *Opium* without being concern'd: and the *Turks* are often observ'd to swallow great Lumps of it, a tenth part of which would kill those that were not accustomed to *Opiates*. I know a Woman in this City, that being us'd to take both the *Hellebores*, will often swallow whole

Purchas Voyages to *America*.

Ephem. German. An. 2.

whole Scruples of them without the leaſt motion, or operation, ſo that cuſtom and converſation will make the fierceſt creature familiar.

As for the Culture, Harveſt, Preparation, and Traffick of *Tobacco*, I will recommend you to *Neander*, where, if you are curious, you may meet with ſatisfaction. I cannot omit one Story out of *Monardus*, who tells us, that the *Indian* Prieſts being always conſulted about the events of War, do burn the Leaves of *Tobacco*, and ſucking into their mouths the ſmoak by a Reed, or Pipe, do preſently fall into a Trance, or Extaſie, and as ſoon as ever they come out of it, they diſcover to the *Indians* all the ſecret Negotiation, which they have had with the great *Daemon*, always delivering ſome ambiguous anſwer.

Neander *Tabacalog.*

Monardus *lib.* X. *Exoticor. Claſii.*

As for the qualities, nature, and uſes of *Tobacco*, they may be very conſiderable in ſeveral caſes and circumſtances; though King *James* himſelf has both Writ, and Diſputed very ſmartly againſt it at *Oxford*, and *Simon Pauli* has Publiſh'd a very Learned Book againſt it. Some Anatomiſts tell us moſt terrible Stories of ſooty Brains, and black Lungs, which have been ſeen in the Diſſections of Dead Bodies, which when Living had been accuſtomed to *Tobacco*. We read that *Amurath* the Fourth did forbid the uſe of it over all the *Turkiſh* Dominions, under the moſt ſevere Penalties; the *Turks* having an opinion amongſt them, that *Tobacco* will make them Effeminate, and Barren, unfit for War and Procreation; though ſome think there is a Politick deſign in it, to obſtruct the ſale of it in the Eaſtern Countries, and to prevent the *Chriſtians* from eſtabliſhing any conſiderable Traffick from ſo mean a Commodity, which perhaps may be one reaſon, why the Great Duke of *Muſcovy* has threatned to puniſh theſe

Simon Pauli *de abuſu Tabaci.* Diemerbrock. *Anat.* *Hoſman.* *Parvius.*

Olearius, *Ambaſſadors Travels through* Muſcovy.

those Merchants, who offer to sell any *Tobacco* in his Countries. *Scach Abas* (the Great *Sophy* of *Persia*) Leading an Army against the *Cham* of *Tartary*, made Proclamation, that if any *Tobacco* was found in the Custody of any Soldier, he should be burnt alive, together with his *Tobacco*. Yet for all this it may be very beneficial to Mankind, as you will conclude from what does follow.

Dr. Willis *Pharm. Rat.*

Dr. *Willis* recommends *Tobacco* to Soldiers, because it may supply the want of Victuals, and make them insensible of the dangers, fatigues, and hardships, which do usually attend Wars and Armies; besides, it is found to Cure Mangy, and Ulcerous Diseases, which are frequent in Camps. I know a curious Lady in the *North*, that does very great feats in Sores and Ulcers by a Preparation of *Tabacco*. Our Learned and most Experienc'd Countryman, Mr. *Boyle*, does highly commend *Tobacco* Clysters in the most violent Colick pains, which are often Epidemical in Cities, and Camps. The Renowned *Hartman* extols the Water of *Tobacco* against Agues: And the curious Dr. *Grew* found the success of the Oyl of it in the Tooth-ach, a Lint being dip'd in it, and put into the Tooth. The effects of *Tobacco* has been very good in some violent pains of the Head; as some thousands have experimented: As for the daily smoaking of it, the state and circumstances of your Body must be the best guide, and rule; if your complexion be lean, hot, and dry, it is an argument against it, but if cold, moist, and humoral, subject to Catarrhs, Rheums, and Pains, then there may be a temptation to venture upon it, so every man must consult his own temper, and the experience of others.

Boyl's experiment Philosophy.

Hartman *prax. Chym* *Dr.* Grew *Mus. Reg. Soc.* p. 252.

A modern *French* Author has writ a peculiar Tract of *Tobacco*, wherein he commends it in Convulsions, in pains, and for bringing on sleep; he extols the Oyl of it in Curing Deafness, being injected into the Ear in a convenient vehicle, also against Gouty and Scorbutical pains of the Joints, being appli'd in a liniment. *A Lixivium* of *Tobacco* often prevents the falling off of the hair, and is famous in Curing the Farcy, or Leprosie of Cattel. *Journal des Scavans.* An. 1671.

D THE

The USE of JUNIPER AND ELDER-BERRIES. IN OUR Publick-Houſes.

THESE two *Berries* are ſo Celebrated in many Countries, and ſo highly recommended to the World by ſeveral famous Writers, and Practitioners, that they need not deſire any Varniſh, or Argument from me. The ſimple Decoctions of them ſweetned with a little fine Sugar-Candy will afford Liquors ſo pleaſant to the Eye, ſo grateful to the Palate, and ſo beneficial to the Body, that I cannot but wonder after all theſe Charms, they have not as yet been Courted, and Uſher'd into our Publick Houſes; if they ſhould once appear on the Stage, I am confident, that both the *Whig* and the *Tory*, would agree about them far better than have done about the *Medal* and *Muſhroom*: nay, the very Cynick and Stoick himſelf, would fall in Love with the

the Beauty, and extraordinary Vertues of these *Berries*, which are so common, and cheap, that they may be purchas'd for little or nothing; one Ounce of the *Berry* well cleansed, bruis'd, and mash'd, will be enough for almost a Pint of Water; when they are boyl'd together, the Vessel must be carefully stopt: after the boyling is over, one spoonful of Sugar Candy may be put in.

Of the *Juniper-Berry*. Dr. Merrets *Pinax*. Ray's *Catalog. Plantar.*

The *Juniper-tree* grows wild upon many Hills in *Surrey*, and *Oxfordshire*, and upon *Juniper-Hill* near *Hildersham* in *Cambridgshire*; besides, in several other parts of *England*: The *Berries* are most commonly gather'd about *August*. The *Astrological Botanists* advise us to pull them, when the Sun is in *Virgo*.

History of *Lapland*.

The *Juniper-Berry* is of so great reputation in the *Nothern* Nations, that they use it, as we do *Coffee* and *Thee*, especially the *Laplanders*, who do almost adore it.

Simon Pauli *quadripartit. Botan.* p. 536.

Simon Pauli (a Learned *Dane*) assures us, that these *Berries* have perform'd wonders in the Stone, which he did not learn from Books, or common Fame, but from his own observation and experience; for he produces two very notable examples, that being tormented with the Stone, did find incredible success in the use of these *Berries*: and if my memory does not fail me, I have heard our most ingenious, and famous Dr. *Troutbeck*, commend a Medicine prepar'd of them in this Distemper. Besides *Schroder* knew a Nobleman of *Germany*, that freed himself from the intolerable symptoms of the Stone by the constant use of these *Berries*: Ask any Physician about them, and he will bestow upon them a much finer Character than my rude Pencil can draw.

Schroder. *Pharmacop.*

Evelyn of Forrest Trees, p. 136.

The Learned Mr. *Evelyn* will tell you what great kindnesses he has done to his Poor sick Neighbours, with a Preparation of *Juniper-Berries*, who is pleas'd to honour them with the Title of the *Forrester's Panacæa*; he extols them in the Wind Colick, and many other

Joh. Bauhin. *Hiſtor. Plantar.* Schroder. *Pharmacop.*

Diſtempers. Do but conſult *Bauhinus*, and *Schroder*, the firſt being the moſt exact Herbal, the other the moſt faithful and elaborate Diſpenſatory, that ever has been publiſh'd; and you will find great commendations of theſe *Berries* in Dropſies, Gravel, Coughs, Conſumptions, Gout, Stoppage of the monthy Courſes, in Epilepſies, Palſies, Lethargies, in which there are often an ill appetite, bad digeſtions, and obſtructions.

Take one ſpoonful of the Spirit of *Juniper-Berries*, four grains of the Salt of *Juniper*, three drops of the Oyl of *Juniper-Berries* well rectified; mix them all together, drink them Morning and Night in a Glaſs of White-wine, and you will have no contemptible Medicine in all the aforementioned Diſeaſes.

Now it is probable, that you have both the Spirit, Salt, and Oyl of this *Berry* in a ſimple Decoction of it, provided it be carefully and skilfully manag'd. If this will not ſatisfie, do but read *Benjamin Scarffius*, and *Joh. Michael*, who have Publiſh't in *Germany* two ſeveral Books of the *Juniper*, and you may meet with far more perſuaſive arguments, than I can pretend to offer you.

Scarffius *de Junipero.* Joh. Michael *Juniperet.*

Of *Elder-Berries.*

The *Elder Tree* grows almoſt every where, but it moſt delights in Hedges, Orchards, and other ſhady places, or on the moiſt Banks of Rivulets and Ditches, unto which 'tis thruſt by the Gardeners, leſt by its Luxury, and importunate increaſe yearly it ſhould poſſeſs all their ground. We write here of the Domeſtick, common *Elder*, not of the Mountain, the Water, or Dwarf *Elder*, ours in figure is like the *Aſh*; the Leaves reſemble thoſe of a *Walnut Tree*, but leſs; in the top of the Branches, and Twigs, there ſpring ſweet and criſped umbels, ſwelling with white odoriferous Flowers (in *June* before St. *Johns* Eve) which by their fall give place to a many branched *Grape*, firſt green, then ruddy, laſt of a black, dark, Purple Colour, ſucculent and tumid with its

Dr. Blochwich *Anatom. Sambuci.*

winiſh

winish Liquor: of all the wild Plants 'tis first covered with Leaves, and last uncloathed of them. It flourishes in *May*, *June*, *July*, but the *Berries* are not ripe till *August*. Joh. Bauhin. *Histor. Plantar.*

As for the qualities, and vertues of *Elder-Berries*, I need say no more, but that Mr. *Ray* has given a great encomium of them; our Learned Dr. *Needham* commending them in Dropsies, and some Feavers: and I have been inform'd, that the ingenious Dr. *Croon* has extoll'd a Spirit of *Elder-Berries* in an Epidemical intermittent Feaver. *Schroder* says, they do peculiarly respect some Diseases, attributed to the Womb. Mr. *Evelyn* is so bountiful to his poor *Forrester*, as to assure him, that if he could but learn the Medicinal Properties of the *Elder Tree*, he might fetch a Remedy from every Hedg, either for Sickness, or Wound: the same curious Gentleman takes notice, how prevalent these *Berries* are in scorbutick Distempers, and for the prolongation of Life (so famous is the Story of *Næander*.) I have heard some praise them in Bloody Fluxes, and other Diseases of the Bowels; also in several Distempers of the Head, as the Falling Sickness, Megrims, Palsies, Lethargies: they are said likewise to promote the monthly Inundations of Women, and to destroy the heat of an Erysipelas, for which the Flowers themselves are highly Celebrated by *Simon Pauli*, who experimented them upon himself with wonderful success. I could produce several cases out of the best Physical Writers, as *Forestus*, *Riverius*, *Rulandus*, &c. where these *Berries* have acted their parts, even to admiration; but if you are curious, and inquisitive after the qualities and nature of them, I will recommend a Learned *German*, *Martyn Blochwitz*, to your reading, where you may entertain your self with great variety: Yet I have one thing still to give notice of, that the same Medicine may be prepar'd out of the Spirit, Oyl, and Salt of this *Berry*, as you have been taught

Ray *Catalog. Plantar.*

Schroder. *Pharmacop.*

Evelyn of Forrest-Trees, *p.* 99.

Simon Pauli *quadripartit. Botanic.* p. 139, 140.

Dr. *Blochwitz Anatom.* of the *Elder.*

taught before to make out of the *Juniper-Berry*, but you may obtain them all in a simple Decoction, if it be well manag'd.

You have read here the great use of these two *Berries*, that are more universally agreeable to all tempers, palates and cases, than perhaps any other two simple Medicines, which are commonly known amongst us; so that several Persons being under ill habits of Body, and upon the Frontiers of some lingring Diseases, cannot but desire to drink them, when they have occasion to resort to Publick-Houses: yet for all this, my poor advice will certainly meet with that Fate, which does attend almost every thing in the World, that is, *Laudatur ab his, culpatur ab illis*; but it dreads most of all the *Turkey*, and *East-India* Merchant, who will condemn it in defence of their *Coffee*, and *Thee*, which have the honour of coming from the *Levant*, and *China*. Besides, I am afraid of a lash, or a frown from some young Ladies, and little Sparks, who scorn to eat, drink, or wear any thing, that comes not from *France*, or the *Indies*; they fancy poor *England* is not capable of bringing forth any commodity, that can be agreeable to their Grandeur, and Gallantry, as though Nature, and God Almighty, had curs'd this Island with the Production of such things, as are every way unsuitable to the Complexions, and Necessities of the Inhabitants: so we cannot but Repartee upon these *A la mode* Persons, that while they Worship so much only Foreign Creatures, they cannot but be wholly ignorant of those at home. His Excellency, the most Acute and Ingenious Ambassador from the Emperor of *Fez*, and *Morocco*, (who now resides amongst us) is reported to have advis'd his Attendants to see every thing, but admire nothing, lest they should seem thereby to disparage their own Country, and shew themselves ignorant of the great Rarities and Wonders of *Barbary*.

Poor

Poor contemptible *Berries*, fly hence to *Smyrna*, *Bantam*, or *Mexico*, then the Merchants would work through Storms and Tempests, through Fire and Water to purchase you, and at your Arrival here would proclaim your Vertues in all publick Assemblies; so true is that common saying, A Prophet is never valued in his own Country: The *English* Soyl is certainly influenced by some Pestilential Star, that blasts the credit of its Productions.

THE

The WAY of Making

MUM,

WITH SOME

REMARKS

UPON THAT

LIQUOR.

IN the first place, I will give some instructions how to make *Mum*, as it is Recorded in the House of *Brunswick*, and was sent from thence to General *Monk*.

To make a Vessel of 63 Gallons, the Water must be first boyl'd to the Consumption of a third part, let it then be Brew'd according to Art with 7 Bushels of Wheat-Malt, one Bushel of Oat-Malt, and one Bushel of Ground Beans, and when it is Tun'd, let not the Hogshead be too much fill'd at first; when it begins to work, put to it of the inner Rind of the *Firr* three pounds, of the tops of *Firr*, and *Birch*, of each one pound, of *Carduus Benedictus* dried, three handfuls, Flowers of *Rosa Solis*, two handfuls,

handfuls, of *Burnet, Betony, Marjoram, Avens, Penny-royal,* Flowers of *Elder, Wild Thyme,* of each one handful and a half, Seeds of *Cardamum* bruiſed, three ounces, *Bayberries* bruiſed, one ounce, put the Seeds into the Veſſel; when the Liquor hath wrought a while with the Herbs, and after they are added, let the Liquor work over the Veſſel as little as may be, fill it up at laſt, and when it is ſtopped, put into the Hogſhead ten new laid Eggs, the Shells not cracked, or broken: ſtop all cloſe, and drink it at two years old, if carried by Water it is better. Dr. *Ægidius Hoffman* added *Water Creſſes, Brooklime,* and *Wild Parſley,* of each ſix handfuls, with ſix handfuls of *Horſe Rhadiſh* raſped in every Hogſh ead: it was obſerv'd that the *Horſe Rhadiſh* made the *Mum* drink more quick than that which had none.

By the compoſition of *Mum* we may gueſs at the qualities, and properties of it, you find great quantities of the Rind, and tops of *Firr* in it; therefore if the *Mum*-makers at *London* are ſo careful, and honeſt, as to prepare this Liquor after the *Brunſwick* faſhion, which is the genuine and original way; it cannot but be very powerful againſt the breeding of Stones, and againſt all Scorbutick Diſtempers. When the *Suedes* carried on a War againſt the *Muſcovites,* the Scurvy did ſo domineer amongſt them, that their Army did languiſh, and moulder away to nothing, till once encamping near a great number of *Firr Trees,* they began to boyl the tops of them in their Drink, which recover'd the Army even to a miracle; from whence the *Suedes* call the *Firr* the Scorbutick Tree at this very day. Our moſt renowned Dr. *Walter Needham* has obſerv'd the great ſucceſs of theſe tops of *Firr* in the Scurvy, as Mr. *Ray* informs us; which is no great wonder, if we conſider the Balſam, or *Turpentine,* (with which this Tree abounds) which proves ſo effectual in preſerving even dead Bodies themſelves

Mollenbroc. *de Arthritide vag. Scorbut.* p. 116.

Ray *Catalog. Plantar.*

ſelves from putrefaction, and corruption; if my memory does not deceive me, I have heard Mr. *Boyle*, (the ornament, and glory of our *Engliſh* Nation) affirm, that the Oyl of *Turpentine* preſerves Bodies from Putrefaction much better than the Spirit of Wine. The *Firr* being a principal ingredient of this Liquor, is ſo Celebrated by ſome modern Writers, that it alone may be ſufficient to advance the *Mum* trade amongſt us. *Simon Pauli* (a Learned *Dane*) tells us the great exploits of the tops of this Tree in freeing a great man of *Germany* from an inveterate Scurvy; every Phyſician will inform you, how proper they are againſt the breeding of Gravel, and Stones: but then we muſt be ſo exact, as to pull theſe tops in their proper Seaſon, when they abound moſt with *Turpentine*, and *Balſamick* parts, and then they may make the *Mum* a proper Liquor in *Gonorrhœa's*; beſides the Eggs may improve its faculty that way: yet I will not conceal what I think the Learned Dr. *Merret* affirms in his Obſervations upon Wines, that thoſe Liquors, into which the Shavings of *Firr* are put, may be apt to create pains in the Head; but ſtill it is to be confeſs'd, that the *Firr* cannot but contribute much to the vigor and preſervation of the Drink.

Simon Pauli *quadripart. Botan.* p. 540.

Dr *Merrets* obſervations upon Wines.

By the variety of its *Malt*, and by the ground *Beans*, we may conclude, that *Mum* is a very hearty and ſtrengthning Liquor; ſome Drink it much, becauſe it has no *Hops*, which they fancy do ſpoil our *Engliſh* Ales, and Beers, uſhering in Infections; nay, Plagues amongſt us. *Thomas Bartholine* exclaims ſo fiercely againſt *Hops*, that he adviſes us to mix any thing with our Drink rather than them: he recommends *Sage*, *Tamarisk*, tops of *Pine*, or *Firr*, inſtead of *Hops*, the daily uſe of which in our *Engliſh* Liquors is ſaid to have been one cauſe, why the Stone is grown ſuch a common Diſeaſe amongſt us *Engliſhmen*: yet Captain *Graunt* in his

Bartholine *de Medicinâ Danorum diſſertat.* 7.

Graunt's obſervations on the Bills of Mortality.

his curious Obſervations upon the Bills of Mortality, obſerves, that fewer are afflicted with the Stone in this preſent Age, than there were in the Age before, though far more *Hops* have been us'd in this City of late than ever.

As for Eggs in the Compoſition of *Mum* they may contribute much to prevent its growing ſower, their ſhells ſweetning Vinegar, and deſtroying Acids, for which reaſon they may be proper in reſtoring ſome decay'd Liquors, if put whole into the Veſſel. Dr. *Stubbs* in ſome curious Obſervations made in his Voyage to *Jamaica*, aſſures us, that Eggs put whole into the Veſſel will preſerve many Drinks even to admiration in long Voyages: the Shells, and Whites will be devour'd and loſt, but the Yolks left untouched.

Oldenburg's *Philoſ. Tranſact.* N. 27.

Dr. *Willis* preſcribes *Mum* in ſeveral Chronical Diſtempers, as Scurvies, Dropſies, and ſome ſort of Conſumptions. The *Germans*, eſpecially the Inhabitants of *Saxony*, have ſo great a Veneration for this Liquor, that they fancy their Bodies can never decay, or pine away, as long as they are Lin'd, and Embalm'd with ſo powerful a preſerver; and indeed, if we conſider the frame, and complexions of the *Germans* in general, they may appear to be living Mummies. But to conclude all in a few words, if this Drink call'd *Mum*, be exactly made according to the foregoing inſtructions, it muſt needs be a moſt excellent alterative Medicine, the ingredients of it being very rare and choice ſimples, there being ſcarce any one Diſeaſe in Nature, againſt which ſome of them are not prevalent, as *Betony*, *Marjoram*, *Thyme*. In Diſeaſes of the Head; *Birch*, *Burnet*, *Water-Creſſes*, *Brooklime*, *Horſe-Rhadiſh* in the moſt inveterate Scurvies, Gravels, Coughs, Conſumptions, and all obſtructions. *Avens*, and *Cardamom* Seeds for cold weak Stomachs. *Carduus Benedictus*, and *Elder* Flowers in inter-

Dr. Willis *de Scorbuto. Pharmacent. Rationa.* p. 2.

mittent Feavers. *Bayberries* and *Penny-Royal,* in Diſtempers attributed to the Womb. But it is to be fear'd, that ſeveral of our *Londoners* are not ſo honeſt, and curious, as to prepare their *Mum* faithfully, and truly; if they do, they are ſo happy as to furniſh, and ſtock their Country with one of the moſt uſeful Liquors under the Sun, it being ſo proper, and effectual in ſeveral lingring Diſtempers, where there is a depravation, and weakneſs of the Blood and Bowels.

There ſtill remains behind a ſtrong, and general objection, that may perhaps fall upon this little puny Pamphlet, and cruſh it all to pieces, that is, the Hiſtories are too ſhort, and imperfect; to which I have only this to anſwer, *Ars longa, vita brevis,* a perfect Natural Hiſtory of the leaſt thing in World, cannot be the Work of one Man, or ſcarce one Age, for it requires the Heads, Hands, Studies, and Obſervations of many, well Compar'd and Digeſted together: therefore this is rather an Eſſay, or Topick, for men to reaſon upon, when they meet together at Publick-Houſes, and to encourage them to follow the example of *Adam,* who being in the ſtate of Innocence did contemplate of all the Creatures that were round about him in Paradiſe, but after the Fall, and the Building of a City, the Philoſopher turn'd Politician.

Poſt-

Postscript.

LIquors and Drinks are of such general use, and esteem in all the habitable parts of the World, that a word or two concerning them cannot be improper, or unwelcom.

First the Saps and Juices of Trees will afford many pleasant and useful Liquors. The *Africans* and *Indians* prepare their famous Palm Wine (which they call *Sura*, or *Toddy*) out of the sap of the wounded *Palm Tree*, as we do our *Birch Wine* in *England* out of the tears of the pierced *Birch Tree*, which is celebrated in the Stone and Scurvy. So the *Sycamore* and *Walnut* being wounded will weep out their Juices, which may be fermented into Liquors: In the *Molucca's* the Inhabitants extract a Wine out of a Tree called *Laudan*. *Helmont de Lithiasi.* Ray's *Catalog. Plantar.* *Vinetum Britannicum.*

Fruits and Berries yield many noble and necessary Liquors; every Nation abounds with various Drinks by the diversity of their Fruits and Vegetables. *England* with *Sider*, *Perry*, *Cherry*, *Currant*, *Gooseberry*, *Raspberry*, *Mulberry*, *Blackberry*, and *Strawberry* Wine. *France*, *Spain*, *Italy*, *Hungary* and *Germany*, produce great variety of Wines from the different species, and natures of their Grapes and Soils. In *Jamaica* and *Brazil* they make a very delicious Wine out of a Fruit called *Ananas*, which is like a *Pine Apple*, not inferiour to *Malvasia* Wine. The *Chineses* make curious Drinks out of their Fruits; so do the *Brazilians*, and Southern *Americans*; as from their *Coco*, *Acajou*, *Pacobi*, their *Unni*, or *Murtilla's*. *Vinetum Britannicum.* Piso *Natur. Histor. India*

tilla's. We may note here, that all the Juices of Herbs, Fruits, Seeds, and Roots will work, and ferment themselves into intoxicating Liquors, out of which Spirits, and Brandies may be extracted, most Nations under the Sun has their drunken Liquors and Compounds; the *Turk* his *Maslack*, the *Persians* their *Bangue*, the *Indians* their *Fulo*, their *Rum*, their *Arak*, and *Punch*. The *Arabians*, *Turks*, *Chineses*, *Tartars*, and other *Eastern* Countries do make inebriating Liquors out of their Corn, and Rice: some rather than not be Drunk will swallow *Opium*, *Dutroy*, and *Tobacco*, or some other intoxicating thing, so great an inclination has Mankind to be exalted. *Pliny* complains, that Drunkenness was the study of his time, and that the *Romans* and *Parthians* contended for the glory of excessive Wine Drinking. Historians tell us of one *Novellius Torquatus*, that went through all the honourable degrees of Dignity in *Rome*, wherein the greatest Glory, and Honour he obtain'd, was for the Drinking, in the presence of *Tiberius*, three Gallons of Wine at one Draught, before ever he drew his breath, and without being any ways concern'd. *Athenæus* says, that *Melanthius* wish'd his own Neck as long as a *Crane's*, that he might be the longer a tasting the pleasure of Drinks; yet what he reports of *Lasyrtes* is wonderful, that he never drank any thing, yet notwithstanding Urin'd as others do. The same famous Author takes notice, that the great Drinkers us'd to eat *Coleworts* to prevent Drunkenness, neither are some men of our days much inferiour to those celebrated Antients. The *Germans* commonly Drink whole Tankards, and Ell Glasses at a Draught, adoring him that Drinks fairly, and most, and hating him that will not pledg them. The *Dutch* Men will salute their Guests with a Pail, and a Dish, making Hogsheads of their Bellies. The *Polander* thinks him the bravest fellow, that Drinks most Healths, and carries

Dr. Mundy *de potulentis.*

Plinii *Nat. Histor.*

Athenæus.

Weekly Memorial. *n.* 14.

ries his Liquor beſt, being of opinion, that there is as much Valour in Drinking, as Fighting. The *Ruſſians*, *Suedes*, and *Danes*, have ſo naturaliz'd *Brandy*, *Aqua Vitæ*, *Beer*, *Mum*, &c. that they uſually Drink our *Engliſh* Men to Death, ſo that the moſt ingenious Author of the *Vinetum Britannicum* concludes, that temperance (relatively ſpeaking) is the Cardinal Vertue of the *Engliſh*.

It is very wonderful what Mr. *Ligon*, and other *American* Travelers relates of the *Caſſava Root*, how out of it, the *Americans* do generally make their Bread, and common Drink, called *Parranow*; yet that Root is known to be a great Poyſon if taken raw: their Drink call'd *Mobby* is made of *Potatoe's*. But we will conclude all with *Virgil*, who ſpeaking of the many Liquors in his time, ſays, *Sed neque quam multæ ſpecies, nec nomina quæ ſunt eſt Numerus.*

Ligon's Hiſtory of *Barbados*.

FINIS.

A Help to *English* Hiſtory, containing a Succeſſion of all the Kings of *England*, the *Engliſh Saxons*, and the *Britains*; the Kings and Princes of *Wales*, the Kings and Lords of *Man*, the Iſle of *Wight*: As alſo the Dukes, Marqueſſes, Earls and Biſhops thereof. With the Deſcription of the places from whence they had their Titles; Together with the Names, and Ranks of the Viſcounts, Barons and Baronets of *England*. By *P. Heylyn*, D. D.

Monumenta Weſtmonaſterienſia: Or an Hiſtorical Account of the Original, Increaſe, and Preſent State of St. *Peter*'s, or the Abby Church of *Weſtminſter*. With all the Epitaphs, Inſcriptions, Coats of Arms, and Atchievments of Honour belonging to the Tombs and Grave-ſtones: Together with the Monuments themſelves faithfully deſcribed and ſet forth. By *H. K.* of the Inner Temple, Gent.